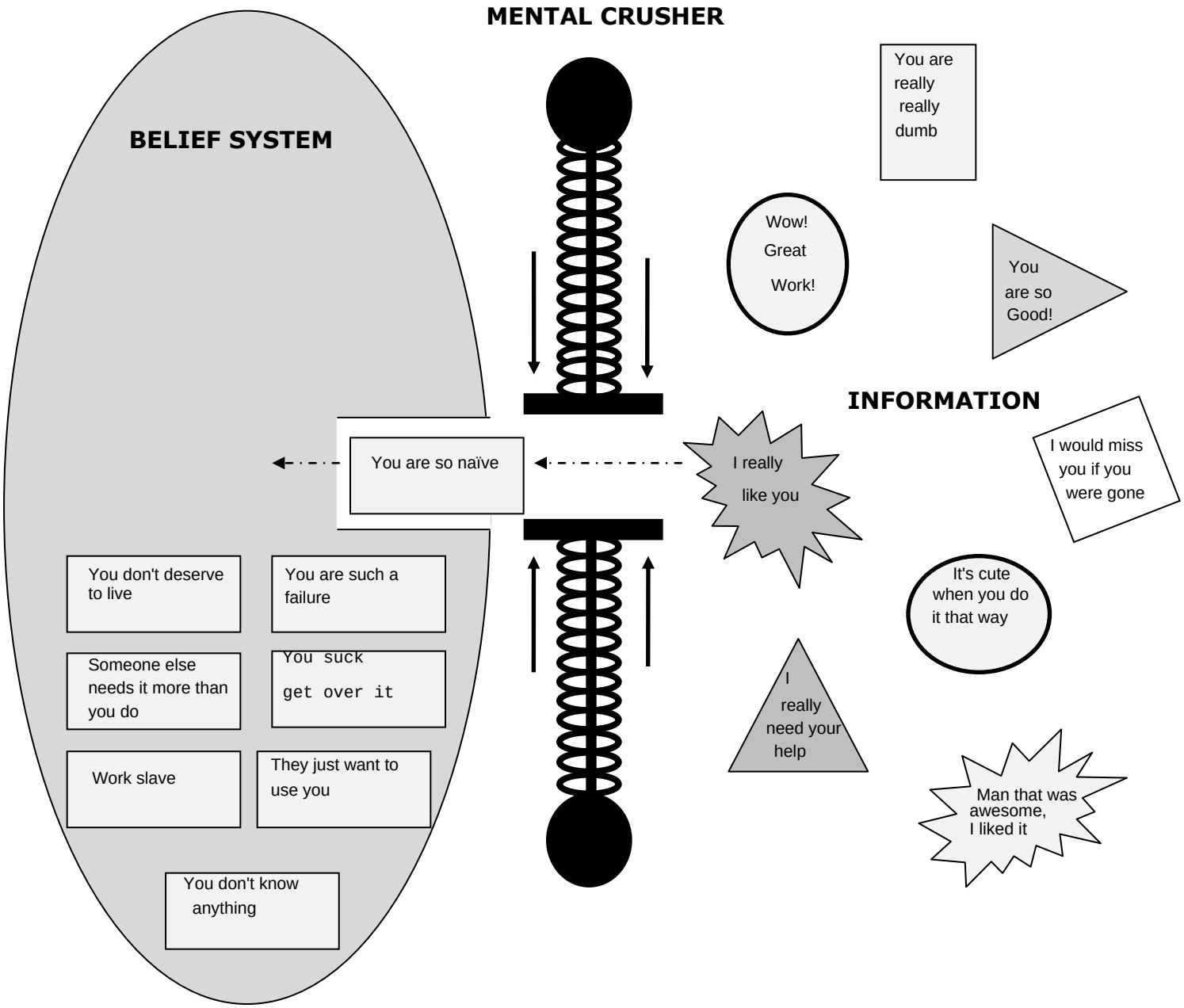

'The Mental Crusher' *Butler, Fennel, Hackman 2008*

'The Mental Crusher' sits outside the entrance to our belief system, and only allows information or 'evidence' which fits with our own belief system to enter. Any contradictory evidence or information (any shape other than a rectangle) is rejected, or made to fit (crushed into a rectangle). In the diagram, the explosion shape is about to enter the Crusher. As it passes through (shown by the arrow), it becomes a rectangle – it's been crushed and distorted to fit. Therefore, our beliefs remain unchanged in spite of apparently contradictory evidence being out there.

Paraphrased from p. 58 of Cognitive Behavioral Therapy for Anxiety Disorders by Butler, Fennel & Hackman (Guilford 2008)

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